

# HLAA TC

# April 2021

Twin Cities and Greater Minnesota



The mission of HLAA TC is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

## VIRTUAL MEETINGS

Zoom meetings continue during the coming months:  
(email [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org) for invite)

April 17  
Speaker: Katherine Teece, Aud. D.  
*University of Minnesota*  
Topic: Impact of Social Distancing on Persons with Sensory Loss During COVID-19 Pandemic

May 15  
Speaker: Mary Bauer  
*State of Minnesota, Human Services Program Representative*  
Topic: Clear Speech



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### Officers' emails

- **Christine Morgan** – [president@hlaatc.org](mailto:president@hlaatc.org)
- **Dwight Maxa** - [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)
- **Lionel Locke** - [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)  
[secretary@hlaatc.org](mailto:secretary@hlaatc.org)
- **Christy Myers** – [director@hlaatc.org](mailto:director@hlaatc.org)

HLAA TC Website - Minnesota

[www.hlaatc.org](http://www.hlaatc.org)

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

[info@hlaatc.org](mailto:info@hlaatc.org)

HLAA National - Maryland

[www.hearingloss.org](http://www.hearingloss.org)

Meetings of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom until further notice.

# President's Message



## **HLAA-TC President's Message** *April 2021*

It's so wonderful to see the sun and to have warmer weather! I guess I am overly cautious but I'm not putting away my boots and down jacket just yet though!

We should be receiving Kristen Swan's power point presentation soon. If you would like a copy, send an email to [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org) and we will get a copy to you. We've had so many positive comments regarding her March presentation. If you missed it, be sure to check the Synopsis in this newsletter.

This month we have Katherine Teece from the U of M speaking about her research on how those of us with hearing loss were affected by Covid during the last year. We will also have a short presentation from Jason Leyendecker of Audiology Concepts about the efforts being undertaken to get hearing aids and audiology services covered by medical insurance.

Next month, Mary Bauer will be presenting on Clear Speech! Don't you wish everyone used it? Especially when wearing masks??? We are also hoping to persuade Dwight to tell us more about the history of the Commission and lobbying for those with hearing loss in Minnesota!

Christy, our At-Large Board Member, is looking for volunteers to help contact members (past and present) that we haven't seen for a while. Many of these people came to meetings on a regular basis but we haven't seen nor heard from them. Unfortunately,

many people today don't have the needed technology, or strong internet and technical skills in order to attend our monthly meetings. If you would like to help, please let Christy know.

We are still looking for people interested in joining the Board. We'd love to have some fresh ideas (and new blood!). No experience necessary!

*April 30 is Arbor Day so be sure to go out and hug a tree!*

*Christine*



## Remember:

Use **ctrl + click** to follow a link to the web

Websites ending in ".com" are commercial sites.  
Evaluate wisely.

## Board Members

**Christine Morgan**  
*president*

**Dwight Maxa**  
*Vice President*

**Lionel Locke**  
*Secretary/Treasurer*

**Christy Myers**  
*Director at Large*

HLAA-TC Newsletter Editor  
*Vicki Martin*  
Social Media Specialist  
*Laura Hagemann*

## April Speaker



*Katherine Teece*

**Katherine Teece, Au. D.**  
University of Minnesota

*"Impact of social distancing on persons with sensory loss during COVID-19 pandemic"*

Kate completed her Au.D. training at the University of Minnesota. She spent the next 10 years as a clinical audiologist primarily at the Mayo Clinic, fitting hearing aids and cochlear implants for adults. In 2018 she returned to the University and joined the Listen Lab.

Kate coordinates lab activities and conducts some of her own research related to listening effort and audiology rehabilitation. The COVID-19 pandemic has also opened up new directions with online research.

Away from work, she enjoys volunteering, walking, watching baseball, and relaxing at the lake with her husband, 4th grade son, and Miniature Schnauzer.

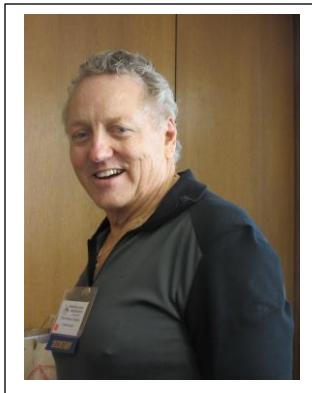
We will also hear from Audiologist Jason Leyendecker:



Hi, I'm Jason Leyendecker, president elect of the Minnesota Academy of Audiology. Access to quality hearing healthcare is a huge concern with our aging population. Medicare has deemed audiology services and hearing aids an elective procedure.

We are looking forward to picking your brain as to what the consumer really wants for hearing health benefits.

## HLAA-TC MARCH 2021 MEETING SUMMARY



*Lionel Locke*

President Christine Morgan thanked all the members and guests who attended the third Zoom meeting of the year. The chapter will be using the Zoom application through at least the May meeting. After introducing the Board Members to the group, President Morgan introduced our guest speaker, Kristen Swan, MA, LP from Health Partners Regions Hospital.

Kristen's topic was titled "Creating a Life Worth Living" and in her opening she described trying to consolidate 30 years of therapy knowledge in 45 minutes. Her advice was "to take with you what works and leave the rest". The focus of her talk described how we live as human beings by becoming more mindful, practicing self-care, self-compassion and managing our emotions.

Taking a closer look at her focus points, Kristen defined values, identified values in life areas, connected our values in the "here and now" which motivates our actions leading to mindfulness practice.

Her conclusion revolved around the quote "Happiness Is Not A State to Arrive at But A Method of Traveling". Her message dispelled the myths of happiness, to notice what we focus on, to enjoy gratitude and acceptance, and to learn and grow as we live our lives.

President Morgan thanked Kristen for her presentation and opened the meeting to a Q and A session. Kristen assured the members that the slides would be available to those who requested them.

Other topics for membership discussion included advance planning for a CPR offering, providing Zoom invitations for our meetings to all members, and identifying any businesses that are owned or operated by those who have a hearing loss.

(March meeting summary, cont.)

Each Board member addressed the group and those items discussed included updating member address changes, ideas for group activities outside our general membership meetings, identifying State of Minnesota services available to our membership, the April 20th Lobby Day (virtual) schedule, the status of the newly formed Book Club, and the need to identify volunteer help from our membership.

President Morgan announced the main April speaker Katherine Teece, a researcher from the University of Minnesota and an additional speaker in April, Audiologist Dr. Jason Leyendecker. President Morgan then facilitated additional Q and A from those in attendance. The meeting concluded at Noon.

*Synopsis by Lionel Locke, Secretary/Treasurer HLAA-TC*

## **2021 Deaf, DeafBlind & Hard of Hearing Lobby Day Registration is Open!**

**Join us for this virtual, statewide event on Tuesday, April 20, 2021**

Registration for the 2021 Deaf, DeafBlind & Hard of Hearing Lobby Day is open! It will happen on Tuesday, April 20, 2021. The theme is "Communication Access Saves Lives."

Lobby Day is open to Minnesotans who are deaf, deafblind & hard of hearing; students who are deaf, deafblind & hard of hearing; family members, friends, colleagues, educators, service providers, school administrators, audiologists, speech-language pathologists, policymakers, legislators, and anyone interested in deaf, deafblind & hard of hearing interests in our state.

MNCDHH is hosting a variety of activities throughout the day, including our traditional Awards & Special Program at 1:00 p.m. where we will recognize individuals and organizations who are positive influencers and have made significant contributions to the advancement of deaf, deafblind & hard of hearing Minnesotans.

All events will take place on Zoom.

[Sign up today!](#) We are thrilled to have you join us.

## National HLAA Urges DOT to Make Transportation Accessible

March 23, 2021

Categories: [Accessibility](#), [Advocacy News](#), [DOT](#), [HLAA](#), [News](#), [Newsroom](#), [Technology](#)

HLAA filed comments with the US Department of Transportation's (DOT) Strategic Plan on Accessible Transportation for FY 2021-2025 on February 16, 2021. We reminded the DOT that their Strategic Plan did not include solutions that can have a profound effect on the ability of people with hearing loss to understand communications and allow us to travel from start to destination spontaneously and independently with ease and confidence, including:

Assistive listening systems, including hearing loop systems in stations, rail cars, at information points and any other place that requires understanding speech, whether via broadcast announcements or person-to-person communication.

Tablets, iPads, computers, and/or smart phones with speech to text software applications and with lapel microphones for person-to-person interactions.

Captions for videos or on-line communication.

Public information boards that simultaneously display audible announcements in text.

We urged the DOT to include these accommodations into the final Strategic Plan on Accessible Transportation for FY 2021-2025.

## Tinnitus Webinar

Monday April 19 4 PM Central Daylight Time

Tinnitus, the experience of hearing sound without an external, acoustic source, can be measured. Measurements can productively inform the counseling process and guide adjustments of hearing aids and tinnitus sound therapy devices. Tinnitus does not present the same for everyone, and measurements illuminate different causes, symptoms, and potential treatments.

Past Emerging Research Grants (ERG) scientist Richard Tyler, Ph.D., is Professor & Director of Audiology in the Departments of Otolaryngology and Communication Sciences and Disorders at the University of Iowa.

The event will be moderated by Anil Lalwani, M.D., a member of HHF's Board of Directors, Professor & Vice Chair for Research, Division of Otology, Neurology & Skull Base Surgery at Columbia University College of Physicians & Surgeons, and Co-Director at Columbia Cochlear Implant Program. Lalwani is also the Head of HHF's Council of Scientific Trustees, which oversees the ERG program. Sign up below:

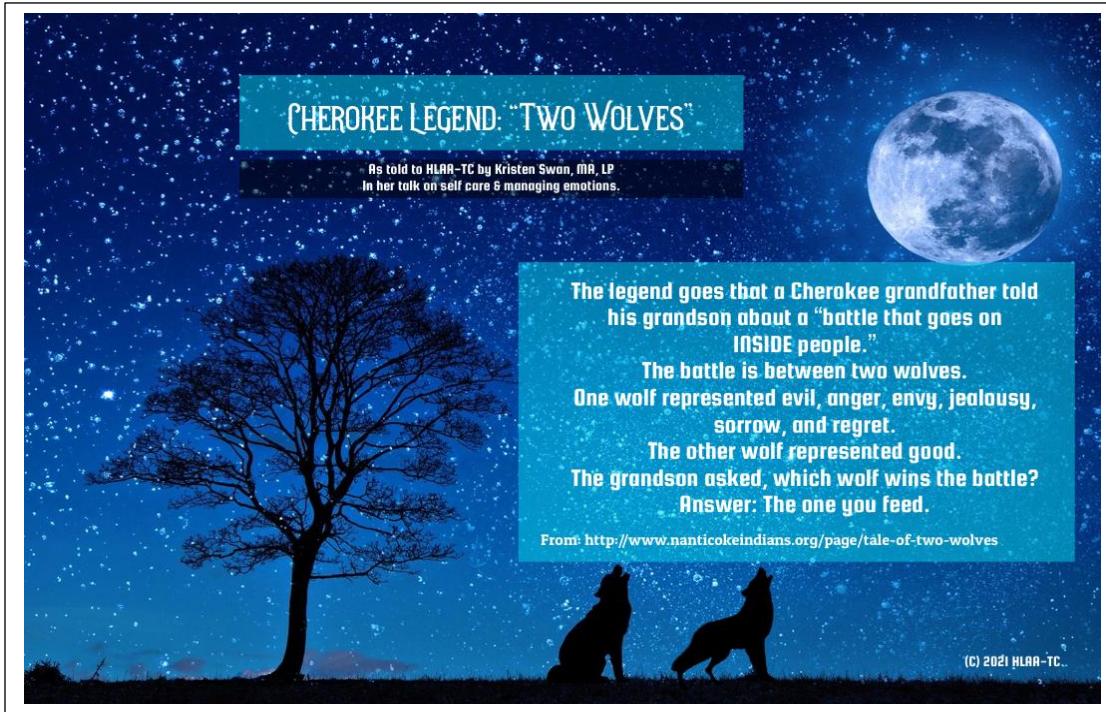
[Register Today](#)

## Mindfulness and Self Care Advice

*Written by Laura Hagemann with information from Kristen Swan*

During her talk to HLAA-TC in our March 20, 2021 Zoom meeting, Kristen Swan, MA, LP, gave a lot of sage advice. A bit of this advice inspired these graphics designed by Laura Hagemann (HLAA-TC Social Media Specialist).

The first graphic is based on a Cherokee Legend called “Two Wolves.”



Visit [this website](#) and [this website](#) to find out more about the Cherokee legend. Told with the idea that intent brings great power.

### Some webmag highlights:

The COVID-19 and Hearing Loss Connection  
How To Enable Live Captions In Zoom  
Hearing Loss and Depression: Are They Connected?  
Dating with Hearing Loss: 6 Success Strategies

Browse these and other articles on [www.Hearingtracker.com](http://www.Hearingtracker.com)  
(Note: this is a dot-com website, indicating “commercial”)



## **Consumer Reports on Face Masks:**

Face Masks and Hearing Loss: 6 Tips to Help Make Communication Easier  
(CR September 23, 2020 by *Hallie Levine*)

**Ask people to speak slowly and clearly** ... the focus should really be on the careful enunciation of each word:

**Face one another** it's important that you engage in eye contact.

**Use the right mask** A mask with a transparent window in front...can make lip reading and facial cues more visible [but does dampen the sound more]

**Tweak your hearing aid** Audiologists can create a "mask" program on some of the newer hearing aids

**Use a remote microphone** If your hearing aid has a remote microphone, you can set it by the speaker

**Try a transcription app** Speech-to-text apps...convert what is being said into text on your phone [see Tech Section of this newsletter for suggestions]

**Consider doing events and appointments virtually** Online...you can control the volume on your computer, and you'll be able to read lips.

**How to Wear a Mask With Hearing Aids** move your mask strap away from directly behind your ear...whether it's by wearing a headband or hat with buttons, pulling your mask around a ponytail or bun, purchasing a mask with ties, or buying an elastic strap for the mask.

You can also clip the hearing aid directly to your clothing with a device such as the OtoClip or Ear Gear

Get the full story here:

[Face Masks and Hearing Loss - Consumer Reports](#)

### Another clear mask option

#### **FaceView masks**

We've seen a tremendous response in orders since our last email and would like to thank everyone who shares our vision to clearly change the world.

As part of our mission to get the FaceView Mask™ to as many people as possible, we would like to offer you a 20% discount code that will be active for the next 30 days. Enter discount code FVM20 at checkout.

We are proud to offer the FaceView Mask™ in three colors: black, white, and turquoise. We look forward to hearing from you! Buy Now [The Mask with a Clear Window – FaceView Mask](#)

Additionally, we have recently launched our Instagram page and want to hear your story! The best image of you in the mask and testimonial WILL RECEIVE A FREE BOX. You can message us your submission on Facebook or Instagram. We look forward to hearing from you!



*By Laura Hagemann*

Since COVID-19 has occurred in our society and caused masks that cover mouths to be required in many places, those with hearing loss are relying more on live transcription applications on smartphones to aid in understanding since lip reading is no longer possible.

There are several transcription apps available, some on just an Android or Apple device, and others are offered on both. Below is a list.

We've also included information about the Web/Computer Application of the Google Chrome web browser now captioning content (read below to find out more).

### **Speech to text apps**

Smartphone Applications: (*Information below on apps from [this blog by Heard That App](#)*)

**Live Transcribe:** Free for Android only. Transcribes live audio. [Google Play Store](#).

**Live Caption:** Free. Transcribes audio played on your phone (not live conversation). [Download](#)

**Ava:** Free up to 5 hours; \$29/month for unlimited captioning. Both Apple and Android. Transcribes live audio. [Download](#)

**Rogervoice:** Free with other RogerVoice app users; 5.99/month for up to an hour; \$29.99/month unlimited captioning. Captions phone calls instantly. Apple and Android. [Download](#).

**TextHear:** Free for Android users; \$.30/minute for its users. Offers voice-to-text for phone calls. [Download](#).

**Otter.ai:** Free basic version (up to 40 minutes) \$8.33/month for Premium and \$20/month for Team plans. Apple and Android. [Download](#).

## **Web Applications: Google Chrome captioning on Web Browser**

Chrome (the Internet Browser by Google) now has the ability to caption video and audio that you stream on the browser. “Unfortunately, captions aren’t always available for every piece of content. Now with **Live Caption on Chrome**, you can automatically generate real-time captions for media with audio on your browser. It works across social and video sites, podcasts and radio content, personal video libraries (such as Google Photos), embedded video players, and most web-based video or audio chat services.” Find out more here: <https://blog.google/products/chrome/live-caption-chrome/>

If you were a podcast listener or you have heard about podcasts you might be interested in, Chrome captioning works to caption podcasts as long as you play the podcast on a web-based podcast player using Chrome, such as: [Spotify](#), [Player.fm](#), [Cloud Caster](#), [Stitcher](#), [Podchaser](#), [Castbox](#). Podcasts are a great free educational and entertainment resource that are a free option for gaining information on a variety of topics. And now that the Chrome browser captions them they are accessible to those who need hearing assistance.

### **Contact Laura**

As always, if you have applications or technology that helps you with your hearing loss, please let us know and we would love to share the information. All tips can be sent to Laura our Social Media Specialist at [social@hlaatc.org](mailto:social@hlaatc.org)

## **smartphone hearing assistance**

As we can see with these captioning and assistive apps, technology is a promising avenue for those with hearing loss to engage better with their friends, family, coworkers, and even healthcare providers.

While these transcription services give clarity through visual text, the HeardThat app gives clarity through sound. [HeardThat works](#) by separating background noise from speech through your own Bluetooth hearing device or earphones. HeardThat easily pairs with captioning apps like Live Captions to make conversations clearer than ever.

Want to try it for yourself? Try HeardThat now, free for a limited time with our early release! Find it in the [App Store \(iOS\)](#) and [Google Play Store \(Android\)](#).

[Learn more about HeardThat](#)

## HLAA-TC Book Club is April 14 at 4:00 pm on Google Meet (also see HLAA-TC blog of April 2, 2021).

by *Laura Hagemann*

Previously we announced that HLAA-TC is forming a book club that will meet monthly online on Google Meet (a free app with captions) in addition to the regular monthly chapter Zoom meetings. We then later decided our first book would be the novel “Deaf Sentence” by David Lodge. Now we’re announcing the official date and time of the first book club meeting. It will be Wednesday, April 14 at 4:00 pm on Google Meet. ([Find out how to use Google Meet.](#))

A synopsis of the book from Amazon: “The subject of enthusiastic and widespread reviews, David Lodge’s fourteenth work of fiction displays the humor and shrewd observations that have made him a much-loved icon. Deaf Sentence tells the story of Desmond Bates, a recently retired linguistics professor in his mid-sixties. Vexed by his encroaching deafness and at loose ends in his personal life, Desmond inadvertently gets involved with a seemingly personable young American female student who seeks his support in matters academic and not so academic, who finally threatens to destabilize his life completely with her unpredictable-and wayward-behavior. What emerges is a funny, moving account of one man’s effort to come to terms with aging and mortality—a classic meditation on modern middle age that fans of David Lodge will love.” The book “Deaf Sentence” is offered through several local libraries. Check your local library to find out if it’s available to check out. [It is also offered to purchase on Amazon.](#)

If you are interested in attending and haven’t expressed interest before, please email Laura Hagemann our Social Media Specialist at [social@hlaatc.org](mailto:social@hlaatc.org)

The length of the first meeting will be no more than an hour and a half (ending at 5:30) although length will be determined by the discussion.

Google Meet is a free application that offers free captions. [You can find out more about Google Meet here.](#) It is a free application and website that works on PCs, Macs, Apple devices, and Android devices.

Again, if interested in the book club and you haven’t already notified Laura that you would like to attend please email [social@hlaatc.org](mailto:social@hlaatc.org) and Laura will send a meeting link to interested people a few days before the meeting. Laura will also be available before the meeting to help get the application up and running for you if you need help (email her with questions).



HLAA TC  
PO Box 26021  
Minneapolis, MN 55426



**Next meeting: Zoom on April 17**

## First Class

### HLAA Twin Cities Chapter

Name.....

Address.....

City.....

State.....Zip.....

Phone.(area code).....

E-Mail.....

- Individual \$15
- Professional \$50
- Supporting \$100
- Newsletter only \$15
- Contact me for newspaper advertising

**Mail to: HLAA Twin Cities Chapter  
PO Box 26021  
Minneapolis, MN 55426**



Welcomes You!

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**Vice President -**  
**Dwight Maxa** [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)

**Treasurer -**  
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**Social Media** - Laura Hagemann [social@hlaatc.org](mailto:social@hlaatc.org)

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom on April 17, 2021. Open to socialize at 9:30 AM, formal meeting 10 AM.

**Please visit the chapter's web-site at [www.hlaatc.org](http://www.hlaatc.org) or visit us on Facebook: groups/HLAA-TC.**

**Accommodations:** All meetings are real time captioned by Lisa Richardson and her staff of *Paradigm Captioning* ([www.paradigmreporting.com](http://www.paradigmreporting.com)).